DOCUMENT RESUME

ED 269 663 CG 019 048

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TITLE A Research Report for Adults Who Work with Teenagers. Facts about Sexual Assault.
INSTITUTION Behavioral Research Inst., Boulder, CO.
SPONS AGENCY National Inst. of Mental Health (DHHS), Rockville, Md. National Center for the Control and Prevention of Rape.
REPORT NO DHHS-ADM-85-1398
PUB DATE 85
GRANT NIMH-MH-31751
NOTE 22p.; For a related document, see CG 019 049.
PUB TYPE Reports - Research/Technical (143)

EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS *Adolescents; Behavior Problems; *Counseling; *Delinquency; *High Risk Persons; Individual Power; Interpersonal Communication; Interpersonal Relationship; *Prevention; Sex Differences; *Sexual Abuse
IDENTIFIERS Date Rape

ABSTRACT

This report on sexual assault was written for adults who work with adolescents. It contains data on teenage sexual assault from the National Youth Survey (NYS), a survey of a nationally representative sample of approximately 1,700 youths who were between 11 and 17 years old at the time of the project's initial interview and who were interviewed annually for 5 years (1976-1980). The data in this report came from the final 3 years of the NYS when detailed information about sexual assaults was obtained from all the self-identified victims and offenders. The research project is briefly described, the study results are presented, and implications of the findings for counseling adolescents about the risk and effects of sexual assault are discussed. The frequency of sexual assault among teenagers and the proportion of teenagers affected are presented, and the typical adolescent assault is described. A section on the aftermath of a sexual assault considers reporting the assault to the police, personal relationships, and personal behavior and reactions. A section on the risk of sexual assault includes a comparison of victims and nonvictims and concludes that the risk is greater for teenagers who engage in delinquent activities with their friends, although teenagers who engage in delinquent activities are not the only victims of sexual assault. The final section, "Reducing the Risk of Sexual Assault among Teenagers," outlines four steps to avoid sexual assault and summarizes advice to teenagers. (NB)

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FACTS ABOUT SEXUAL ASSAULT

From the ncpcr National Center for the Prevention and Control of Rape

A Research Report for Adults Who Work with Teenagers

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DHHS Publication No. (ADM) 85-1398
Printed 1985

ACCORDING TO THE TEENAGERS IN OUR SURVEY--

- The typical teenage sexual assault is committed by a boyfriend or acquaintance and occurs during a date.
- Most assaults among teenagers do not involve severe physical violence or the use of a weapon.
- The kind of force typically used is verbal pressure.
- Most victims are able to prevent an assault from being completed.
- Often, drinking or drug use by the offender plays a part in causing the assault.
- Although most teenage victims do not have prolonged emotional reactions to sexual assaults, some express fears, depression, and anger years after the experience.

EACH PERSON CAN HELP PREVENT SEXUAL ASSAULT BY REMEMBERING--AND FOLLOWING--TWO SIMPLE GUIDELINES--

- Everyone has the right to say "no" to unwanted sexual contact.
- No one has the right to force sexual contact on another person.

Introduction

One of the central concerns of most teenagers is their emerging sexuality. Although an understanding of the physical changes may come quickly, dealing with the new emotional and behavioral desires and demands that follow puberty is more difficult. Guiding teenagers through this part of their development is a difficult task--and is made more so by the diversity of values associated with sexual behavior and the general lack of sound, comprehensive information on managing sexual development. Nowhere is this lack of information more evident than in the area of forced sexual behavior, or sexual assault. Our understanding of the causes and consequences of adolescent sexual assault is very limited, and hence our advice to teenagers regarding this issue has been generally vague and uninformed. In order to learn more about this problem and, in particular, to examine the risk of sexual assault among teenagers as well as the long-term effects on teenage victims, a national research study was conducted. Following a brief description of the research project, this report describes the study's results and the implications of the findings for counseling adolescents about the risks and effects of sexual assault as well as how to avoid becoming a victim.

This study grew out of a larger study on delinquent behavior called the National Youth Survey (NYS). The subjects for the NYS are a nationally representative sample of approximately 1,700 youths, aged 11 to 17. These youths were interviewed once annually for the 5 years 1976 through 1980. By the fifth survey, the youths were 15 to 21 years old. The cumulated data across the 5 years of the study cover the entire adolescent period.

Because the original NYS interview elicited self-reports of sexual assaults from both victims and offenders, the basic data from which to develop a more comprehensive study of sexual assault among adolescents were available. For the last 3 years of the NYS, detailed information about sexual assaults was gathered from all the self-identified victims and offenders. A series of additional questions probed the effect of sexual assaults on victims' activities and relationships. These questions were

asked in each interview after the one in which the assault was first reported. Thus, we were able to examine the reactions to sexual assaults some 2 to 3 years after the assaults occurred.

The findings from this study are uniquely valuable for several reasons. First, because these results are based on a nationally representative sample of teenagers, they can be generalized to all teenagers in the United States. That is, the results are more comprehensive and typical of all adolescent sexual assaults than results derived from more limited samples. Second, because victims and offenders were interviewed several times, we can examine the effects of sexual assaults on their lives over a period of years. In addition, we can analyze other changes in their lives, such as changes in behavior and attitudes, that may be related to their sexual assaults. Finally, because the sample includes subjects who reported no sexual assaults, we can compare victims and nonvictims. Such comparisons can help us learn about the factors that distinguish one group from the other, and therefore could affect vulnerability to sexual assault.

For all these reasons, the findings from this study have special relevance for those of you working with teenagers and, most particularly, those of you counseling adolescent victims of sexual assault. The primary focus of this brochure is on female victims though we do include some data on offenders as well.

The Frequency of Sexual Assault Among Teenagers and the Proportion of Teenagers Affected

Because we were interested in the range of forced sexual experiences, specifically the "date rape," we chose to define sexual assault rather broadly. For purposes of this research, sexual assault included all forced sexual behavior involving contact with the sexual parts of the body. This definition could encompass forcible rape, incest, sodomy, and fondling but not exhibitionism or other sexual acts involving no physical contact. Attempted sexual assaults were included.

Because we defined sexual assault so broadly and included attempted assaults as well, the experiences of our victims were not homogeneous. Some were raped, whereas others were forced to engage in other sexual acts. Still others avoided an actual sexual assault and thus are technically victims of an attempted assault. No one act or situation defines all the teenage victims in the study.

Because most of the assaults reported to us were committed by acquaintances and boyfriends and occurred during dates, this brochure focuses on this type of assault. But it is important for you to know that teenagers can also be the victims of sexual assaults by strangers and family members. This latter kind of assault is often very painful to the victim both emotionally and physically, and she, or he, needs the understanding and support of family and friends. In such cases it is likely that the victim will benefit from talking with a rape crisis counselor or someone else with specialized experience in assisting victims of sexual assault.

The very nature of sexual assault makes it a difficult behavior to study. Victims and offenders are often reluctant to discuss their experiences, even in a confidential interview. We therefore acknowledge that our figures are conservative; some subjects undoubtedly did not report their sexual assaults to us. Nonetheless, studies based on representative samples using careful research and interviewing techniques are likely to provide better data on sexual assault than studies based on police reports or selected groups of known victims.

For each year from 1978 to 1980, our findings show that from 7 to 9 percent of the female adolescent population was sexually assaulted. Thus, the proportions are fairly constant across the 3 years. The number of female teenage victims in the United States is approximately 1 million each year. Roughly the same proportion of black and white teenagers reported being sexually assaulted in each of the years. Likewise, we noted no substantial differences in the proportion of victims by their age or social class. However, in 2 of the 3 years, we observed a statistically significant difference in the proportion of urban and rural females reporting a sexual assault. In both 1979 and 1980, the proportion of urban females reporting a sexual assault was at least twice that of rural females. In short,

although race and social class apparently do not substantially affect the risk of sexual assault, size of community does. Urban teenagers are clearly more at risk than their rural counterparts.

In addition to examining the number and characteristics of adolescent victims of sexual assault, we analyzed the number of incidents of sexual assault reported by teenage victims. The findings indicate that from 1 to 1.5 million sexual assaults occurred in each of the years surveyed. The number of victims is slightly less than the number of sexual assaults because some victims experience more than one sexual assault in the same year. In fact, more than one-third of the victims in each year reported more than one sexual assault. Although the number of sexual assaults rose slightly from 1978 to 1979, it declined in 1980. No clear pattern of increasing or decreasing frequency was observed. The race, social class, age, and size of community of the victims did not substantially affect the number of sexual assault incidents reported.

The Typical Adolescent Sexual Assault

Although there are exceptions to every generalization, our findings are consistent enough to suggest that sexual assaults among teenagers have certain typical characteristics. The following descriptive data are based on 172 separate sexual assaults reported for the period from 1978 to 1980.

Most of the sexual assaults occurred in one of three places: the victim's home, the offender's home, or a vehicle. None of the victims reported that they had been hitchhiking and assaulted by the people who offered them rides. With rare exception, each assault involved only one victim and one offender.

According to the victims, the offenders were primarily boyfriends or dates. Less than 20 percent of the cases in each year involved unknown offenders, though the proportion of these cases more than doubled from 1978 to 1980. Given the social relationship between most of the victims and offenders, it is not surprising that most of the offenders were about the same age as the victims.

By far the most common force or pressure the victims reported was verbal. More than half the victims in each year reported this type of pressure. From 27 to 40 percent mentioned some minimal physical force, and no more than 15 percent of the victims in any year reported a beating or the presence of a weapon. Nonetheless, there was a statistically significant increase from 1978 to 1980 in the proportion of victims reporting the more serious types of physical force (such as a beating, choking, or injury from a weapon). Although only 29 percent of the victims in 1978 reported some physical force, more than 40 percent did in 1980. One possible interpretation of these findings is that the greater mobility and freedom of older adolescent girls, as well as their association with older males, increases the likelihood that they will confront more serious physical pressure for sex.

The vast majority of the victims in each year offered verbal or physical resistance or both. In all 3 years, a majority of the assaults were not completed, because of either the efforts of the victims or other factors. The largest proportion of completed sexual assaults occurred in 1980, when the victims reported the most physical force.

In summary, adolescent sexual assault occurs primarily within the context of a date. It does not appear that the majority of these assaults involve serious physical force or conclude with physical injury to the victim. In fact, most of these sexual assaults probably would be classified as attempts.

These findings do not mean that no adolescents face violent, forcible sexual assaults, however. We had cases of this type in the study, but they were few. It is reasonable to conclude that the risk of a violent sexual assault by a stranger is relatively low, whereas the likelihood of a less forceful sexual assault from a date, friend, or acquaintance is much higher.

a. Reporting to the Police

One of the first decisions a victim must make is whether to inform the police of a sexual assault. Given the high number of attempted sexual assaults in our study and the fact that sexual assaults are often not reported to the authorities, it is not surprising that only 5 percent of the assaults in our study were reported. The reported assaults differed from the unreported ones in several ways. Over the 3 years, a substantially higher proportion of the reported cases involved an unknown offender (41 percent vs. 8 percent) or multiple offenders (33 percent vs. 6 percent). Threats of violence and actual physical violence occurred twice as often in reported than in unreported cases. With one exception, all the reported sexual assaults involved some physical violence, and in several reported incidents the victims were threatened or injured with weapons. Finally, although only 21 percent of the nonreported assaults were completed, 56 percent of the reported sexual assaults were.

The victims who reported assaults indicated that fear of the offender and a desire to prevent him from committing future assaults were primary reasons for reporting to the police. The nonreporters cited their relationship with the offender and the fact that the sexual assault was not completed as reasons for not telling the authorities. These rationales coupled with the actual differences in the nature of the assaults experienced suggest that attempted sexual assaults by dates or boyfriends may not be defined by teenage victims as assaults that may legitimately be reported to the police. These findings suggest that only more stereotypic sexual assaults (e.g., those involving a stranger and physical violence) are likely to be reported to the police.

In summary, most adolescent victims do not report their sexual assaults to the police because the assaults did not involve strangers or substantial violence or because the assaults were not completed, even though the assaults may meet the legal definition of forcible or attempted rape. Other research on adolescent sexuality (Zellman et al. 1981) has indicated that contemporary teenagers expect

and receive a fair amount of pressure for sex during dates. This expectation may lead them to accept sexually aggressive, assaultive behavior as normal unless it occurs outside a dating situation or becomes especially violent. If teenagers have established a higher threshold for defining forced sexual behavior as sexual assault, this may account for the underreporting of this behavior to the police and, indeed, to anyone other than friends.

b. Personal Relationships

Sexual assaults often jeopardize personal relationships with parents, friends, and others (Burgess and Holmstrom 1974; McCahill et al. 1979). Reactions of these individuals to the victim and the assault may substantially affect the victim's ability to cope with the incident. Bonds of trust and communication may break down under attempts to comprehend the situation and assign blame. Consequently, victims are often ambivalent about telling parents and others about sexual assaults because they both fear negative reactions and desire support and reassurance.

Not surprisingly, more than three-quarters of the victims in our study did not inform their parents about their sexual assaults. Those parents who were told almost uniformly expressed concern and support, as well as anger at the offender and some fear for the victim. Not more than 5 percent directed any anger or blame at the victim or questioned the truthfulness of the account. These results cannot be generalized, however, because few parents were told and those who were are certainly not representative of all parents of teenage victims of sexual assault. Most certainly, victims who believed their parents would be angry or upset simply did not tell them.

In contrast, more than two-thirds of the victims reported their sexual victimization to their friends. Friends were consistently concerned and supportive. Less than 5 percent of the victims reported any negative reactions from friends, and more than 60 percent reported that their friendships became more personal.

Very few of the victims in our study sought professional counseling or approached anyone other than friends to discuss their sexual assaults. Thus, friends appear to be the primary source of support for most adolescent victims

of sexual assault. These findings indicate that adult participation in the response of teenage victims to sexual assault is limited and could mean that certain kinds of emotional and behavioral problems go unnoticed and untreated for some time.

Sexual assaults may also seriously affect relationships with husbands and boyfriends. Whether the husband or boyfriend is the offender or only an affected party, the sexual assault, if known to him, is bound to have an influence on the relationship. To assess this influence, interviews included questions about the victim's dating or marital status at the time of the assault and, when appropriate, about the role of the victim's husband or boyfriend in the assault as well as the effect of the assault on the relationship. These questions were asked only in 1979 and 1980.

In both years, 63 percent of the victims said they were married, living with someone, or dating someone special. This subgroup became the group of interest for questions about the effect of sexual assault on romantic relationships. More than half the victims in this subgroup (52 percent) indicated that the offender had been their spouse or boyfriend. A majority of the victims assaulted by a romantic partner reported that the relationship ended as a direct result of the assault.

It is interesting but not surprising that one-third of the victims assaulted by their romantic partners reported no change in the relationship as a consequence of the sexual assault. The research on wife battering and family violence consistently has shown that victims are reluctant to end assaultive relationships (Gelles 1979; Straus et al. 1980). Approximately 63 percent of the victims who were not assaulted by their husbands or boyfriends told them about the assaults. The informed partners had the following reactions: 91 percent were concerned, 87 percent were angry at the offenders, 83 percent were supportive of the victims, and 65 percent were shocked as well as fearful for the victims. Less than 5 percent disbelieved or rejected the victims, but 17 percent blamed the victims and more than one-quarter were angry at them. A majority of the victims who told their partners reported a closer and more affectionate association than before. Nonetheless, approximately 25 percent indicated that there was less trust

than before the assault and that their partners thought less of them than previously.

Overall, these findings suggest that a sexual assault may not seriously harm a personal relationship with a romantic partner unless the husband or boyfriend was the offender. We must be cautious in interpreting these results, however, because it is reasonable to assume that those victims who did not inform their partners feared an angry, unsupportive response. Thus our findings are likely to be biased because we do not have data on those partners most likely to react negatively.

c. Personal Behavior and Reactions

To assess how a sexual assault affects typical behavior and routine, the victims were asked a series of questions about changes in their involvement in a variety of activities, such as work, community and school activities, studying, athletics, and dating. The only category in which more than 20 percent indicated a change was dating. Approximately 22 percent stated that they were dating less often because of their sexual assaults. About 15 percent indicated that they were less involved in work and studies. Only 5 percent said they had quit school permanently or temporarily. In general, the majority of the victims did not report that their sexual assaults provoked major change in any of the activities we checked.

Given that the majority of the sexual assaults occurred during dates, were not extremely violent, and were not completed, it is not surprising that they produced so little change in the school, work, and community involvement of the victims. The effect of the typical adolescent sexual assault may be primarily emotional and psychological rather than behavioral.

One of the goals of this study was to examine long-term fears and reactions to a sexual assault. By reinterviewing the same group of adolescents for several years, we were able to assess such reactions over a long period of time. Most of the victims who reported a sexual assault in the first year of our study (i.e., 1978) also reported their reactions at four different times. Each victim was asked about her current feelings regarding the assault at interviews about 6, 18, and 30 months after the assault. Also,

she was asked to recall her reactions within a week of the assault. For most victims, this recall was about 6 months. For each time period, we asked the victim to tell us whether, as a consequence of the assault, she was experiencing any of a set of reactions such as fear of being alone, depression, anger, or embarrassment.

Many victims reported anger (61 percent), embarrassment (58 percent), depression (45 percent), and guilt (42 percent) within a week of the sexual assault. Almost one-quarter of the victims also reported fear of the offender's return, fear of other men, and fear of being alone.

At the 6-month interviews, the proportion reporting each of the reactions declined substantially. Only 39 percent reported anger, 35 percent reported embarrassment, and less than one-quarter reported guilt, depression, or any of the other reactions.

At the 18-month interviews, however, some unexpected changes occurred. Although the proportion of victims reporting most of the reactions continued to decline, the proportion of victims reporting certain reactions rose sharply. Most noticeably, 39 percent of the victims reported fear of being alone, whereas only 23 percent had reported it within a week of the assault and only 16 percent had reported it after 6 months. The proportions reporting embarrassment and anger also increased, although they were still lower than in the initial report. All other reactions showed a declining or stable proportion.

By the final follow-up (some 30 months after the sexual assault for most victims), only one of the reactions originally reported (fear of the offender's return) was no longer mentioned by the victims. The proportion of victims reporting several other reactions had increased since the 18-month interview, almost doubling in the case of depression, and more than doubling for loss of self-esteem and lack of interest in having sex again.

Perhaps even more significant, however, may be the fact that the proportion of victims reporting fear of being alone was greater at the final follow-up than at the initial one. Some 2 to 3 years after the sexual assaults, the proportion of victims reporting this fear had almost doubled. This finding clearly indicates that some initially mild

responses to a sexual assault may intensify with time. Thus, relatively short follow-up periods may not be sufficient to discover some effects that have long incubation periods or are suppressed initially.

To summarize, the results suggest two major patterns among adolescent reactions to sexual assault. Some of the negative effects of assault follow a pattern of recovery. A steady decline over 2 to 3 years in the proportion of victims reporting such reactions as fear of the offender's return, fear of having sex again, and guilt is evidence of this pattern.

A more disturbing pattern is displayed by the trends for anger, embarrassment, depression, and fear of being alone. These reactions showed a large initial response, a subsequent decline, and then an increasing proportion at the final follow-up. This pattern suggests a resurgence of reactions some 2 to 3 years after a sexual assault. These results imply that certain reactions may not disappear over time, and may even affect more victims at a later time than immediately after the assault.

Attempts to account for the two patterns of reactions were not successful. A case-by-case review of the victims with complete follow-up data showed that the pattern of reactions to a sexual assault was not consistently affected by any features of the assault or any of the social or demographic variables we checked. Victims who had experienced very similar assaults reported very different reactions both initially and over time. It is possible that factors not examined, such as history of traumatic events and personality traits, affect long-term reactions to a sexual assault more.

Since the majority of the assaults were attempts by a known offender, the persistence of reactions, such as fear of being alone and fear of other men, 2 to 3 years after a sexual assault was an unexpected finding. Preconceptions had led us to believe that fear reactions would persist only for victims of physically rough sexual assaults by strangers. Although victims of such assaults did report the fear reactions, it was surprising how often victims of attempted assaults involving known offenders and little physical force also reported these reactions. This type of sexual assault is fairly common among the adolescent population. If a

sizable proportion of female adolescents react to these attempted seductions with some generalized, pervasive fears, the effect of these seemingly mild sexual experiences may be more serious than previously imagined.

The Risk of Sexual Assault: A Comparison of Victims and Nonvictims

Though vulnerability to sexual assault can be studied by examining the behavior, attitudes, and lifestyles of victims, there is a more rigorous way to identify factors associated with the risk of sexual assault. By comparing victims and nonvictims on a variety of factors that may be related to sexual assault, we can look for differences that may account for the different experiences of the two groups. Following this approach, we compared the self-reported victims and randomly selected groups of nonvictims on a number of demographic, attitudinal, and behavioral characteristics. These comparisons were conducted separately for 1978, 1979, and 1980.

Race, social class, and size of community do not appear to be central factors affecting the risk of sexual assault generally. However, the amount of disruption and instability in the family does appear to influence vulnerability. In 2 of the 3 years analyzed, the teenage victims of sexual assault reported substantially more disruptive events, such as divorce and extended unemployment, than did the nonvictims. Perhaps an unstable home environment leaves an adolescent female without the basic emotional and physical support she needs during a period of rapid sexual and psychological development. Male friends or dates to whom she turns for this support may take advantage of or misinterpret her needs.

Some of the strongest findings from these comparisons concern the peer group and involvement in delinquent behavior. In each of the 3 years, the victims had substantially more involvement with delinquent friends than did nonvictims and received more support from these peers for antisocial, delinquent acts. The victims also reported substantially more pressure from their friends to drink and use drugs than did the nonvictims. Not surprisingly, the victims got into far more trouble because of these activities.

Overall, the victims displayed far more tolerant attitudes toward delinquent behavior than did the nonvictims.

In addition, the victims were much more involved in a wide variety of delinquent behavior, including serious offenses such as physical assaults. However, the victims and nonvictims did not differ greatly in their involvement in delinquent acts commonly thought to be associated with being a victim of sexual assault—e.g., running away from home, hitchhiking, and working as a prostitute. Apparently involvement in delinquency generally rather than involvement in one or two particular kinds of delinquency increases the risk of sexual assault.

Further analyses suggested that the victims typically were not so well integrated into or involved with their families or school as were the nonvictims, though these results are not as strong or consistent across the 3 years as those previously cited. Both the home and the school are commonly seen as primary sources for conventional socialization and moral development. Weak ties to the family and school environment may magnify the influence of the peer group on attitudes and behavior.

Taken in concert, these findings suggest that an unstable home environment, involvement in delinquent behavior, and membership in a delinquent network increase the risk of being sexually assaulted. The association between these factors and sexual victimization is not difficult to understand. A disrupted home means that one primary source of support and guidance may be absent. This situation creates an opportunity for peer values and influence to become preeminent. If the values of the peer group are antisocial and delinquent, the stage is set for both delinquency and victimization. The circumstances in which delinquency occurs are likely to be conducive to many forms of deviance, including sexual victimization. For example, even though a female victim may have intended only to steal some drugs and get high with her friends, it is not hard to imagine the situation leading to a sexual assault.

Finally, it is important to acknowledge that teenage females involved in delinquent behavior may project a delinquent image that carries with it expectations about sexual behavior. It may be that teenage females who are

generally delinquent are advertising their unconventionality in ways that jeopardize their control of sexual situations. If they are behaviorally and attitudinally delinquent, conventional refusals of requests for sexual intercourse may fall on deaf ears. Confining a delinquent image to nonsexual behavior may not be possible.

It is important to stress, however, that not all victims and offenders in our study were involved in delinquent activities and had friends who were also involved in such activities. The risk of sexual assault is greater for teenagers who engage in delinquent activities with their friends, but not only teenagers who are involved in delinquent activities are victims of sexual assault.

Reducing the Risk of Sexual Assault Among Teenagers

Our findings and those from other research on adolescent sexuality suggest that miscommunication between teenage males and females often leads to sexual assault. The most common form of miscommunication results from placing a sexual interpretation on certain behavior and actions. Most teenagers are concerned about their sexual images and want to be attractive to the opposite sex. Yet wanting to be sexually attractive and wanting to have sexual intercourse are two very different desires. It is often difficult to strike a balance between projecting a sexually appealing image and maintaining control of one's sexual behavior.

To strike this balance, it is important for teenagers to think about and understand how their appearance, words, and actions can carry unintended sexual messages open to misinterpretation. Our results show that many offenders perceived their victims' flirting and teasing as an invitation for sex. Whether or not the females intended this, and whether or not the offenders used this as an excuse for their own aggressive behavior, does not really matter. What does matter is clear, firm communication about one's sexual intentions and limits. An awareness of sexual cues from others and an assertive, insistent response to unwanted sexual pressure enhance effective communication.

All teenagers need to be reminded that it is all right to "say no," that it is their right to control and limit their sexual involvement with others. This advice relates to males as well as females because sometimes peer pressure to "score sexually" pushes males to be more aggressive than they might be otherwise.

In a pamphlet about sexual assault for teenagers, we outlined four simple steps to avoid a sexual assault:

- Check your own behavior for any unintentional sexual messages.
- Be alert to any sexual cues from your date or others.
- Clearly communicate your sexual limits.
- React immediately and negatively to unwanted sexual pressure.

The first step in reducing sexual assault among teenagers is increasing their awareness of the possible sexual implications of their own behavior and that of others. The second important step is getting teenagers to monitor their own behavior and to react quickly and firmly to unwanted sexual pressure.

And finally, we summed up advice to both males and females with two simple reminders:

- Everyone has the right to say "no" to unwanted sexual contact.
- No one has the right to force sexual contact on another person.

By remembering--and following--this advice, and by encouraging their friends to do the same, all teenagers can do their part toward preventing sexual assault.

Final Thoughts

We hope this brochure has been informative and will prove useful to you in your work. The following bibliography includes references cited in the text as well as other books that may be of interest. In particular, we would draw attention to a book written especially for teenagers entitled Changing Bodies, Changing Lives (Bell et al. 1980), which has an excellent chapter on sexual assault.

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